

### 3. Inhalers- Please Do Not Take:

- Short acting reliever inhalers (bronchodilators) such as salbutamol/ventolin (usually blue) or Ipratropium (Usually white/green) for 4 hours



- Long acting reliever inhalers (bronchodilators) such as salmeterol, formeterol for 8 hours prior to your appointment

- Long acting inhalers like Tiotropium (anticholinergic bronchodilator) for 36 hours before test

BUT please continue any inhaled or oral steroids

## How to prepare for your appointment

-Before your appointment you should ensure you have access and bring to your appointment your salbutamol inhaler.

-If you don't have one your surgery should prescribe you one to collect and bring along.



Please complete a lateral flow test prior to coming to your appointment

-Please do not attend your appointment if you have any COVID symptoms.

## When you arrive

When you arrive at Forest Health Care;

- There is free onsite parking
- Attend to the front door and press the FH bell which will connect to an intercom
- Please wear a mask or visor whilst in the surgery
- Sign in at reception and wait in the waiting room
- Your temperature will be taken before going into the clinic room
- The nurse will ensure a lateral flow test has been taken and discuss COVID symptoms prior to starting the test.

### Forest Diagnostic Respiratory

Service Cinderford Surgery  
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# Forest Diagnostic Respiratory Service

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## What is Spirometry?

Spirometry is a test to measure your lung function or breathing. A machine called a spirometer measures the speed and amount of air that you blow out.

The test is easy to perform and may be done to help make a diagnosis of respiratory disease or before starting treatment to help monitor any response. It is also used to assess the severity of airways disease.



## What will happen at your appointment?

-You will be asked about the history of your chest symptoms.

-Basic examination which will include height, weight and blood pressure will be taken.

-You will be shown and asked to perform a series of blows into the spirometer whilst sitting down.

-Depending on your results, you may be given an inhaled medication to try and open your airways.

-This inhaled medication should be given and prescribed to you by your surgery and brought with you to your appointment.

- You will have to wait 15-20 minutes and then the test will be repeated.

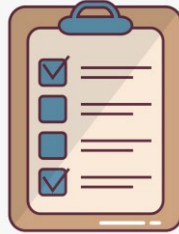
- The whole appointment will take up to 1 hour.

## Is the test suitable for you?

As this test requires maximum effort when blowing out, please inform the nurse if you have any of the following:

- In the past 3 months: surgery to eyes, chest, head or abdomen
- Heart attack, stroke, collapsed lung
- Uncontrolled angina
- Perforated ear drum or ear infection
- Aortic aneurysm
- Covid positive in the past 10 days, positive covid test or been in contact with a positive contact
- Coughing up blood
- Feeling unwell: especially nausea or vomiting

- Uncontrolled or untreated high blood pressure
- Chest infection min the past 4-6 weeks
- History of TB, or other long standing chest infections
- Immunosuppression
- Pregnant



## Before the test..

**1. You should avoid the following :**

- Smoking for 24 hours
- Having a large meal in the last 2 hours
- Consuming alcohol in the last 4 hours
- Vigorous exercise
- Wearing clothing that is tight and restricts full chest and stomach expansion

**2. For your comfort:**

- Please arrive in time to empty your bladder
- Be prepared to remove your dentures if loose, otherwise leave in place
- Remove any chewing gum